

Assertive Community Treatment

ISSUE 8 WINTER 2016

MO ACT NEWSLETTER

Hello from DMH



Celebrate success!!!

Working on an ACT team is not an easy job. We all know that. To make it just a little bit easier remember to celebrate successes along the way. Celebrate with the people you serve – maybe send a congratulations card signed by the whole team when someone achieves a goal, or gets a job, or reaches out to the team instead of going to the hospital. Also remember to find a way to celebrate successes as a team to help keep morale on the team up. We know it isn't always easy to keep people motivated to pursue recovery. As we learned in IMR, motivational strategies mostly involve helping people see how learning information and skills will help them achieve their goals. Developing motivation for learning information and skills is an ongoing process. Motivation can naturally increase or decrease over time, especially if people think their goals are too

big or too hard to achieve. To help people stay motivated, the team can help identify goals that won't take too long to achieve and help break goals down into small, manageable, achievable steps. The team can also convey their own confidence that the person can accomplish goals and support the person's own optimism and self-confidence. The team looks for every opportunity to convey their belief in the person's ability to succeed and to instill hope that recovery is possible. If the team seems doubtful, the individual will often pick up on this and will start to feel that way themselves. So remember to look for every opportunity to celebrate success and to instill hope. From the point of view of the people we serve, we are celebrating their life. This can make all the difference in the world.

To be added to the distribution list for this newsletter, please click to contact lori.norval@dmh.mo.gov requesting the addition of your email address.

Burrell Behavioral Health :

Columbia TAY Team
Springfield Adult Team
Springfield TAY Team

Compass Health:

Nevada Adult Team
Raymore TAY Team

Family Guidance Center - St. Joseph

Ozark Center - Joplin:
Adult Team

Places for People

- St. Louis:
ACT 1 Team
Home Team
IMPACT Team
FACT Team

St. Patrick Center - St. Louis

Teams pending Burrell - Columbia TAY MI/DD

Ozark Center—Joplin TAY

Hopewell—St. Louis TAY

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Resources



Center for Evidence-Based Practices at Case Western Reserve University

<http://www.centerforebp.case.edu/>

Individual Resiliency Training (IRT)

<https://raiseetp.org/studymanuals/IRT%20Complete%20Manual.pdf>

Copeland Center for Wellness and Recovery

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Dartmouth Supported Employment Center

<http://www.dartmouthtips.org/>

Missouri Peer Specialist

<http://www.peerspecialist.org/peerspecialist1.0/default.aspx>

SSI/SSDI Outreach, Access and Recovery (SOAR)

<http://soarworks.prainc.com/>

Missouri Recovery Network

www.morecovery.org



Save the date in 2016! Annual Conference on

Sept. 14-16 2016 at the Hyatt Regency, St. Louis

Pricing for members and non members, accommodation information and more found by clicking [here](#)

Or visit

www.mocoalition.org

Missouri ACT is on the web!

<http://dmh.mo.gov/mentalillness/provider/act.html>



WELCOME NEW FACES AND TEAMS!

We want to welcome those individuals that have recently joined our ACT teams!

Places for People FACT Team:

Mary Ann Shea – RN
Maggi Wiggins – Peer Specialist

Places for People ACT 1 Team:

Justin Mann – Substance Use Specialist

St. Patrick Center:

Gerard Pleasant – Substance Use Specialist

Ozark Center:

Misty Wallace – RN

Places for People IM-PACT Team:

Susan Cook – Substance Use Specialist

Burrell Springfield Adult Team:

Keegan Kendrick – CSS

Burrell Springfield TAY Team:

Tina Nelson – Program Assistant

Jonathon Cron – CSS



ACT Tips & Tools of the Trade

ACT Staff must have compassion and skill to play an important role in helping the clients to set their goals. It is a highly individualized process that requires encouragement, brainstorming, questioning, interpreting, and translating for

staff to provide the kind of assistance clients need to formulate their own goals. Starting where the client is, listening carefully to them in order to help them recognize where they would like to be, facilitating opportunities for each client to

learn for themselves and lending support to them to engage in informed decision making are fundamental clinical practice activities which assist clients in setting goals.

(taken from A Manual for ACT Start-Up, 2003 Ed.)

TEAM MEMBER SPOTLIGHT:



Name:

Erika Crabtree

Team:

Burrell Adult Team, Springfield MO

Position:

ACT Team Leader

How long have you been on the team?

I have been with ACT since December 2013

What is your favorite food?

I love seafood!!!

What is your favorite part about being on an ACT team?

My favorite part is the sense of community I get from my team. We all have different strengths that we bring to the table and I love being able to learn from my teammates.

What is something you would like to share with other teams?

As we all know it is stressful work, but keep doing what you do, you do make a difference.



For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

<http://dmh.mo.gov/mentalillness/transitionalageyouth.html>

TMACT Corner

Team meetings are the true hub of the team's operations day to day. One of the important elements of the meeting is the recording of the consumer status which is then used as a utility to get an assessment snapshot. This allows one to quickly check the client status across time and staff. It is a clinically useful record of the client's stability, availability and response to services. Some teams use a log, a note to the clinical record or similar type of document. If your team records team meeting notes that are a true utility to help inform the ongoing assessment, then you may just score full credit in function #2 of OS4—Daily team meeting quality!

You can receive ACT specific technical assistance from DMH. Contact Lori Norval, Lori Franklin, Kelly Orr or Susan Blume. They are happy to assist!

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Susan.Blume@dmh.mo.gov

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MRN

MISSOURI RECOVERY NETWORK

The Statewide Voice for Recovery

www.morecovery.org 573.634.1029

"We Are the
MISSING LINK
to Long-Term Recovery"
1st Annual Peer Leadership Summit

Click [here](#) to download the registration form for this conference. Click [here](#) to view the conference brochure.

To reserve your hotel room at the Lodge of Four Seasons for the 2016 Peer Leadership Summit, [click here](#).

The Missouri Recovery Network is excited to announce that we will be hosting the first annual Peer Leadership Summit March 18, 2016, at the Lodge of Four Seasons at the Lake of the Ozarks. We welcome MRSS-Ps, CMPS, VA Peer Support Specialists, and those who have completed their peer training to a two-day conference that will help establish a statewide network of learning, sharing, and collaborating. MRN wants to create an environment of peer inclusion, and improve the perception of peer support. Additionally, this conference will serve to promote excellence in peer support statewide, as well as bring peer support providers together as one collective voice. MRN has been a long-time champion of peer support services, and we recognize the importance of these services in helping people reach their maximum potential and attain recovery. It is for this reason that we have decided to invite all peer support specialists from across the state to this summit. 7.5 CEUs will be available for this conference and attendees will have the opportunity to attend a variety of lectures, including:

- Self-advocacy
- Co-occurring disorders
- Self-care/compassion fatigue
- Ethics
- Trauma informed care
- Building a team culture
- Medication-assisted recovery
- Substance information and education

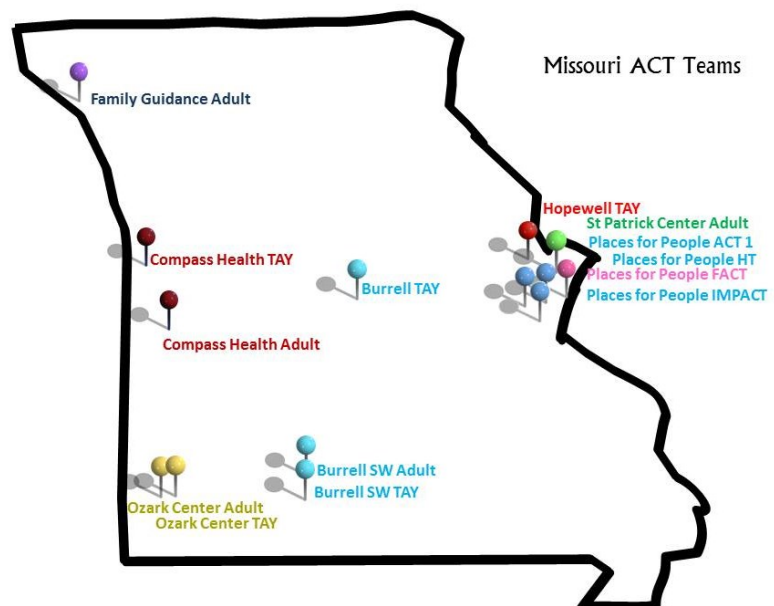
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SOAR stats: In the past 6 months Missouri had a 69% approval rate with only 84 days to decision. When asked for a reconsideration after a denial (there were 3 in that time period) there was 100% approval in 93 days. Not bad when you realize that people who are homeless have an 11% or less chance of being approved on 1st submission.



Take the
SOAR
online
training
course by
visiting

<http://soarworks.prainc.com/course/ssisdi-outreach-access-and-recovery-soar-online-training>

SOAR: Social Security Outreach, Access and Recovery

by Jill Richardson

SOAR (SSI/SSDI Outreach, Access, and Recovery) is a national initiative to reduce or end homelessness through increased access to SSI/SSDI income supports. “To recover, people need a safe place to live.” – SAMHSA. For many persons in recovery, accessing benefits is a first step. SOAR is designed to increase access to these supports for eligible adults who have a qualifying mental or physical illness, other co-occurring disorder, and are experiencing homelessness or at imminent risk of homelessness. SOAR also encourages treatment with the goal of employment to increase individual income and promote recovery.

Missouri, we have seen expansion of SOAR efforts in many communities thanks to the online course program. The online course is comprehensive, offers a practicum component, and certifies the case manager for 16 CEUs. Plus, it’s FREE! Through the online course, an individual will be assigned a mock client and will “conduct interviews” and be guided through the entire Social Security application process. The participant will fill out the forms SSA really uses, and upload them to be reviewed by the SOAR Technical Assistance team in New York. Nearing the end of the course, the participant will write a comprehensive medical summary report using information gathered about their client and also turn this in to the TA center. This practicum

component is wonderful in that it takes the apprehension out of doing your first application with a real client. Once the online course is complete, participants will receive a certificate as a SOAR case worker, and will then have access to a really handy tracking system called OAT (Online Application Tracking). This system is extremely user friendly and assists many agencies in taking a look at their own data to see the benefits of using SOAR. Another exciting benefit for Community Mental Health Centers contracted with the Department of Mental Health is a billing code to assist in payment for all those parts of SOAR that are not billable as face to face time. Please contact either Brooke or Jill for further information on this added benefit.

Technical assistance is provided by several persons around the state, as well as a dedicated team in Albany, New York. For Missouri, the two state leads are Brooke Dawson (brooke.dawson@dmh.mo.gov) and Jill Richardson (jill.richardson@dmh.mo.gov) with Jill providing the bulk of the assistance. We also have local leads in various metro areas of the state, so please feel free to contact either one of us to find out who you may go to in your area. We truly believe in the benefit of SOAR and are always ready to provide assistance.



Arts & Literature



Expression

Creativity

Music

It speaks to everyone's soul,
We have a deep connection,
do you hear the message I
am telling you it says,
And you say yes, It broke
through your wall,
It broke, now we can be truly
powerful together and share
a special memory

By Avery Gully
Pathways TAY Raymore

**RESERVED
FOR YOUR SPECIAL
TALENTED INDIVIDU-
AL TO FEATURE
THEIR ART!**

